What keeps you afloat?

When we feel overwhelmed it can be helpful to look at what protective measures we already have in place so we can turn to them. Have a look at the example below and then have a go at filling one out yourself. Name the people, activities and support you can turn to in tough times



VOLUNTEERING

COPING MECHANISMS

DIET

HOPES AND DREAMS FOR THE FUTURE

ALONE TIME

HOBBIES

INDOOR

OUTDOOR

EXERCISE

PARTNER

FRIENDS

FAMILY

WORK

PETS

RELIGION

SPIRITUALITY